



From the Maryland State Department of Health & Mental Hygiene

The Citizen's Common Sense Swine Flu Checklist

If you have a Flu-Like Illness Including: Fever > 100°F (37.8°C) AND Cough OR Sore Throat AND History of travel to an affected area within 7 days of illness onset OR Contact with an ill person fitting the above travel description within 7 days of illness onset

Then Stay Home and CALL your Doctor.

IF no link to affected areas or travelers from affected areas, but you are mildly sick with flu-like symptoms – STAY HOME and recover, unless you have the following worrisome WARNING SIGNS.

Emergency warning signs that need urgent medical attention include:

IN CHILDREN

- * Fast breathing or trouble breathing
- * Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- * Not drinking enough fluids
- * Not waking up or not interacting
- * Being so irritable that the child does not want to be held
- * Flu-like symptoms improve but then return with fever and worse cough
- * Fever with a rash

IN ADULTS

- * Difficulty breathing or shortness of breath
- * Pain or pressure in the chest or abdomen
- * Sudden dizziness or confusion
- * Severe or persistent vomiting

Common Sense Precautions Include:

- * Wash your hands often, especially after coughing, sneezing, and wiping/blowing the nose.
- * Cover your mouth when coughing or sneezing.
- * Use paper tissues when wiping/blowing your nose; throw tissues away.
- * Stay away from crowded living and sleeping spaces, if possible.
- * Stay home and avoid contact with other people to protect them from catching your illness.